

Aqua Fitness Classes—Available to register for on-line beginning May 3

Aqua-Trim: Torch Fat with this heart-pumping session. Super-Charge your Metabolism and improve your cardiovascular fitness with this high energy workout. Tone and Strengthen Muscles using water weights and noodles. Gain flexibility with Full Range of Motion Movement. TRANSFORM YOUR BODY WHILE WE HAVE FUN IN THE SUN!

Aqua Weights and Noodles are provided.

Aqua-Trim Senior: Same great Aqua Trim class... a bit less intense for those 55 and over.

Gain Tone, Strength, Endurance and Cardio Fitness. Increase flexibility for sore joints in a VERY LOW IMPACT environment. *Arthritis Foundation* certified instructor.

Aqua Weights and Noodles provided.

Aqua Zumba: Choreographed to today's pop hits! Integrating the Zumba formula and philosophy with traditional aquatic fitness disciplines. This class blends it all together into a party-like safe, challenging, and FUN water based workout that is cardio-conditioning and body-toning.

JUST ADD WATER AND SHAKE!

Ages: 16 years old and up (Aqua-Trim Seniors must be 55 years old and up)

Fee: see below; non-residents add \$10 per class. Purchase one class at full price and receive \$10 off additional classes. Classes must be taken in the same session.

Verdugo Aquatic Facility, 3201 West Verdugo Avenue, 91505 (VAF)

(818) 238-5391

Session Dates:

Session	Days	Start Date	End Date	Session	Days	Start Date	End Date
Session 1	Mon-Wed	June 2	July 9	Session 3	Mon-Wed	July 21	Aug 25
Session 1	Thu-Sat	May 30	July 19	Session 3	Thu-Sat	July 24	Aug 23

Session Times:

Class Title	Day	Fee	Time	Sessions Available		Location
Aqua Trim	Mon	\$45	6:30 p.m.—7:30 p.m.	1	3	VAF
Aqua Trim-Senior	Tue	\$45	10:00 a.m.—11:00 a.m.	1	3	VAF
Aqua Trim	Tue	\$45	6:30 p.m.—7:30 p.m.	1	3	VAF
Aqua Trim	Wed	\$45	6:30 p.m.—7:30 p.m.	1	3	VAF
Aqua Trim-Senior	Thu	\$40	10:00 a.m.—11:00 a.m.	1	3	VAF
Aqua Trim	Thu	\$45	6:30 p.m.—7:30 p.m.	1	3	VAF
Aqua Zumba	Fri	\$35	6:30 p.m.—7:15 p.m.	1	3	VAF
Aqua Trim	Sat	\$40	9:30 a.m.—10:30 a.m.	1	3	VAF

There are no classes on the following dates:

Friday, June 13—Saturday, June 14

Thursday, July 3—Saturday, July 5

Saturday, July 12—Friday, July 18

Fall Sessions will begin in September. Please look for our Fall schedule of classes.

